

\$500,000 Fire in Vancouver.
VANCOUVER, B. C., May 30.—Fire early yesterday partly destroyed the plant of the New England Fish Company and the Alberta-Pacific grain elevator here. The loss is estimated at \$500,000.

FRUIT, THE GREAT PHYSICIAN

Healing Powers of Fruit Proved by "Fruit-a-tives"

The simple juices of apples, oranges, figs and prunes, when transformed into "Fruit-a-tives" will relieve diseases of the Stomach, Liver, Kidneys and Skin. The truth of this statement has been proved in thousands of cases of Indigestion, Dyspepsia, Torpid Liver, Constipation, Kidney and Bladder Troubles, Skin Diseases, Rheumatism, Neuralgia and Chronic Headaches.

The enormous sales of "Fruit-a-tives" are the best proofs of the value of this fruit medicine.

50c. a box, 6 for \$2.50, trial size 25c. At dealers or sent by Fruit-a-tives Limited, Oradburg, New York.—Advt.



By May's Wonderful Remedy

Stomach poisons breed millions of germs that eat into your vitals, causing Gas Pressure, Indigestion, Constipation, Torpid Liver, Auto-Intoxication, Yellow Jaundice, Gall Stones, Appendicitis, Ulcers of the Stomach and Intestines, etc. Thousands of sufferers have been restored by May's Wonderful Remedy, among them Justices of the Supreme Court, Congressmen, Doctors, Lawyers, Bankers, Ministers, Nurses, Farmers, Mechanics—persons of every class—probably your own neighbors. Stomach troubles are due mostly to catarrhal poison. May's Wonderful Remedy removes that poison, thoroughly cleanses the system, drives out the disease breeding germs, allays inflammation and ends suffering. Unlike any other remedy. No alcohol—nothing to injure you. One dose convinces. FREE book on Stomach Ailments. Write Geo. H. May, Mfg. Chemist, Chicago, or obtain a bottle of May's Wonderful Remedy from Baker-Higman or any reliable druggist who will return your money if it fails.—Advt.

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Why Suffer From Migraine or Sick Headache?

Dr. J. J. Caldwell says that this exceedingly distressing disease does not shorten life, but does not appear to be curable. Sufferers from this affliction are condemned to undergo the periodical attacks every few weeks until they are forty years of age, after which the attacks are less frequent and finally disappear entirely. Palliative measures during the attack are all that it is possible to suggest, while care in the diet is the best preventive measure. An attack may often be prevented by taking two anti-kamnia tablets when the first symptoms appear, and one anti-kamnia tablet every two hours during the attack shortens it, eases the pain and brings rest and quiet. Anti-kamnia tablets may be obtained at all druggists. Ask for A-K Tablets. They quickly relieve all pain.—Advt.

W. L. DOUGLAS SHOES FOR MEN WOMEN & BOYS

Good materials, good workmanship and good fitting make DOUGLAS SHOES. You will find them combined in W. L. DOUGLAS SHOES. \$1 to \$5 for Men \$1.25 to \$4 for Women \$1.25 to \$3 for Boys

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94 South St., 101 E. 10th St., 1490 Broadway
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100 W. 10th St., NEW YORK; 1170 10th St., NEW YORK
18 Newark Ave., NEWARK; 831 Broad St., PHILADELPHIA; 1180 Magazine Ave., NEWARK

Obesity Reduction Course For Women

QUESTION AND ANSWER COLUMN

By Pauline Furlong

Miss Furlong will reply in this column to letters written by Evening World readers asking questions pertaining to the subjects treated in her articles. Letters must not exceed 250 words in length and must be limited to the subjects upon which information is desired.



How Excess Fat Menaces Health.

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Many women write me that they are anemic and that their cheeks and lips show all indications of impoverished blood, even though they are much over weight.

Many persons are fat because they have less blood than the slender, strong as this may seem to some women, but the reduction in the number of red corpuscles naturally lessens the oxidation and burning up of the superfluous fat and this, of course, leads to its accumulation.

When the body is loaded with unhealthy inert tissue the organs are crowded together, heart, lungs, liver, kidneys and blood vessels, and prevented from performing the duties intended for them by nature, and diseases that arise from obesity or other causes are much more difficult to overcome when excessive fat is present in the system.

Reducing superfluous fat is not, then, merely a matter of vanity, but keeps off impending diseases and makes life in general much more comfortable.

Letters from Readers.

LOST FIFTEEN POUNDS.—MRS. CHARLES SP. writes: "Must write and thank you for your wonderful obesity and health course, and tell you what it has done for me. I have worked earnestly and followed your diet suggestions to the letter. I have lost fifteen pounds in nine weeks. Weighed at the start 169 pounds. Lost eight inches in the hips. May I eat

strawberries? I am 5 ft. 1 in. What should I weigh?"

You may eat all berries without sugar or cream. I thank you for your kind letter and have printed it to encourage others. I know you have worked hard and faithfully to accomplish such wonderful results. You should weigh about 111 to 120 pounds.

WANTS TO REDUCE.—R. G. M. writes: "I am forty years of age and 5 ft. 1 in. tall. Weigh 185 pounds. What should I weigh at my age? What can I do other than diet to reduce? I have not the will power to go without food. What can I do to kill that terrible desire for food?"

You are much too heavy and could easily reduce. You do not have to go without food to reduce weight. Simply eat the non-fattening ones. When you start to deny yourself the things you crave you will not find it hard to continue doing so. You should weigh 111 to 120 pounds.

CHEST RAISING.—L. L. G. writes: "I am so anxious to take the chest raising exercise for strengthening and broadening the chest and shoulders. I tried it for a time and thought I noticed a slight improvement. I am wondering if this exercise is too strenuous for me, as I have been a sufferer from lung trouble, though in an incipient form, and thought, perhaps, it might have a harmful effect on my lungs. Please answer me through the column of the paper. Is it necessary to stand as far as two feet from the wall in order to perform the exercise, and should the feet be a certain distance apart or together?"

Personally I am convinced that the chest raising exercise will be of great benefit to you, but since you are under the care of a physician you should take his advice also. As I am not aware of your strength at the present time, the chest raising from the wall, for beginners, is not a strenuous one. If not overdone, may be done several times every day. Try to practice deep breathing in the air and sunshine, and make it a habit. Take the body should be arm's length from the wall and the feet as near together as you can stand with comfort.

RED NOSE.—FLORENCE H. writes: "What will prevent my nose from becoming shiny without the continual use of powder? Also what can I do to prevent my nose from becoming red directly after a meal?"

Wipe the nose over with witch-hazel on a puff of cotton, frequently, to prevent the shiny appearance. The red nose is probably caused by indigestion, greasy and highly seasoned foods. Eat much less and lighter foods than has been your custom, and keep the system clean and free from constipation.

ENLARGE ANKLES AND CALVES.—W. J. writes: "I am pleased to note the results other readers have gained from following your health course, and would thank you to advise me how to enlarge ankles and calves."

Heel and toe raising will develop the muscles of the legs. In most any gymnasium you can take bicycling exercise on a stationary machine, built for this purpose. This would greatly benefit you.

WHITE OF EGG FOR WRINKLES.—"Please tell me if the white of egg can be used for wrinkles and crows' feet, and how it is to be used. Should it be diluted, and, if so, what with?"

Strip white strips of muslin or gauze and smear them across the lines, not with them. Hold them in place until they are quite dry. In the morning wash the face with cold water. This will hold the lines apart and the egg white nourishes the starved skin.

Health Worry

only puts one further "under the weather."

Often the best way out is to make a decided change in the daily diet, for sound health is largely a matter of selecting right food.

Active brains and vigorous bodies require wholesome, easily digestible food containing true nourishment, and it must include certain mineral elements, phosphate of potash, etc. These elements—lacking in many foods, but abundantly stored in the field grains—are supplied in splendid proportion in

Grape-Nuts

This famous food is specially processed for easy digestion, has a delicious nut-like flavor and is always ready to serve direct from the wax-sealed, moisture-proof package.

Grape-Nuts with cream or good milk affords a well-balanced ration that makes for health and all 'round comfort—puts worry to flight.

"There's a Reason"

Grocers everywhere sell Grape-Nuts.

S. DANA KIMBALL KILLED AS TRAIN HITS RACING CAR

Paper Manufacturer Had Skull Fractured—Friend and Chauffeur Hurt.

S. Dana Kimball, secretary and treasurer of the J. E. Linde Paper Company, died early to-day in St. Francis Hospital, Jersey City, as a result of a collision of his automobile and an Erie train.

Mr. Kimball's place of business was at Bookman and Cliff Streets, Manhattan, and he lived at No. 123 Castle Point Terrace, Hoboken. Late yesterday he had with him in his big racing car D. N. Daly of No. 507 West One Hundred and Thirty-ninth Street, Manhattan. Nathaniel Brumme, the chauffeur, was in the rear seat, and Mr. Kimball was driving.

The car was on its way from Jersey City to Newark following an afternoon on the golf links, and was crossing the Hackensack Meadows. For several yards near the Belleville turnpike crossing on the Erie, at Kearney, N. J., the railroad and turnpike parallel. Trainsmen say the automobile was racing with a passenger train, but the chauffeur, who escaped with cuts and bruises, denies it. He said the exhaust of the automobile probably prevented Mr. Kimball from hearing the train approaching from the rear.

The train and automobile raced to the crossing from the same direction, and as the automobile shot to the tracks the locomotive, going forty-five miles an hour, hurled it into a ditch.

Mr. Kimball was held in his seat by the steering wheel, and Mr. Daly landed partly under the wrecked car. The chauffeur was thrown clear. Mr. Kimball's skull was fractured and he was injured internally. One of Mr. Daly's hands was broken and he had concussion of the brain. The doctors think Mr. Daly may recover.

The train backed up after the accident and took the three men to Jersey City. Erie officials said a flagman tried to warn the occupants of the machine but evidently none of them saw him.

PRESENT WAR IDIOTIC, DECLARES HERR BALLIN

Hamburg-American Director Says Germany Will Triumph in Economic Struggle After Peace Comes.

HAMBURG, May 29 (Via London, May 30).—Albert Ballin, War Manager of the German railroads and director of the Hamburg-American Steamship Company, characterized the war as the "greatest, bloodiest and most idiotic war of all time," in an address delivered to-day at a general meeting of the Voermann Shipping Company.

Herr Ballin declared that German shipping interests, after the successful termination of this war, must be prepared to conduct a new war on the economic battlefield against competitors "extraordinarily strengthened by war profits of fantastic height." He expressed confidence, however, that the old Hanseatic spirit would be able to accept successfully the game of battle in this struggle.

First, however, he declared, that the concept of freedom must be so established that Germans, in regard to world trade, need no longer be forced to live as "tenants of England."

Original Home Dressmaking Designs By The Evening World's Fashion Expert

Economy for the Bride Lies in Knowing What to Buy That Will Be Useful at All Times and She Must Know What She Is Most Likely to Wear From Day to Day—Styles This Year Will Be More Feminine Than They Have Been.

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For a bride-to-be to put money into costumes that are rarely required is utter extravagance, thought it is a temptation with them to indulge in all the pretty clothes one has always wanted but could not have, and hopes soon to find an occasion for wearing. But along that line lies danger, for the money spent in that direction is probably needed in another.

It is what one wears every day that determines one's reputation for looking well, and a bride should be very considerate on this score. If she is not careful in her selection of clothes she will look dowdy.

How many of us have not been able to spot at a glance a bride on the street from her altogether too fussy and fresh, yet dowdy appearance. The bride-to-be should decide where the greatest demand on her clothes will come. If her day gaities are more frequent than the night ones, she will need smart afternoon frocks and smart sport apparel, while if her days will be spent quietly in a way that requires only a tailor suit, the evenings affording social enjoyment, she wants another style of wardrobe.

Evening gowns this summer will be the most picturesque and entirely feminine than any we have had the privilege to wear for a long time. Quite the oddest combination of fabrics are being used, which though seemingly incongruous are attractive and pretty.

The model I have designed for to-day shows a delightful use of lace on the right hand figure. The full skirt of it is pulled up conspicuously on the left hip to show a ruffled underskirt of pale green tulle, or if it please one, pale green organza. On the right hip a dash of the tulle or organza is dropped from a beaded ornament on the bodice, to be caught up at the waistline in back, with a crisp loop of lace. Shimmering satin on the taffeta for the slim bodice gleams in back through the sheer fabric—bathing, which in front appears only as sleeves. A thin line of silk voile pointed one in back is of the lace. At the left I have pictured the charming effect of pale blue tulle for the skirt and also up the bodice, the white and elegant puffed bluebird at the side of the blue chiffon velvet bodice holds a wisp of black tulle which drapes the right hip and falls at the back as the right hand figure shows.

ANSWERS TO QUERIES.

Dear Fashion Editor: I have five yards of tan silk voile which I would like to make up. It is twenty-seven inches wide, so have I enough? If not what can I use with it? I would appreciate sketch. My five feet five inches in height. Many thanks for your suggestion. MRS. W.

Self color taffeta for circle and skirt. Waist which is in one with sleeve, embroidered in old blue. Same color faille ribbon straps and sleeve band.

Dear Fashion Editor: I have a pretty white batiste material with a large polka dot embroidered in yellow which I am at a loss how to make. I have only four yards of it, forty inches wide. Am twenty-five years old, thirty-four inch bust, five feet three inches in height. Will appreciate your advice. Skirted in sketch. Front panel of lace with white net ruffles. MISS M.

Dear Fashion Editor: I have six yards of goods like sample (pink mousseline, printed with white in all-over pattern) and would appreciate a style to copy in making it. Am 27 years of age, perfect 36 size. MISS A.

Combine plain pink georgette crepe in manner shown for apron front and puffs. Pink satin for giraffe and tiny bows.

Will you kindly suggest some way of fixing over an elegant white silk marquisette dress of two years ago. It has embroidered squares in dull blue scattered over it. The waist was made kimono style with yoke and collar of lace, also undersleeves. Skirt had tulle which was so long as to be a good skirt length now. Thanking you for your advice. MRS. A. V.

You could use design for Miss A. with excellent results. Combine plain blue or plain white georgette crepe. Drop the waist in bolero style over a blue satin giraffe.



MAY SETTLE SUGAR STRIKE.

Mass Meeting May Compromise on a Nine-Hour Day.

In an effort to finally settle the strike of roopers at the American Sugar Refinery in Brooklyn the strikers have called a meeting to be held at Dewey Hall, No. 76 North Sixth Street, Brooklyn, at 9 o'clock Thursday morning. Eight hundred and sixty men have been on strike there for over five weeks.

The men have been asking for a reduction in working hours from ten to eight a day. It is expected an effort will be made to compromise on a nine-hour basis. A committee headed by David Kaufman is endeavoring to effect the settlement.

Fire in Ship's Coal Bunker.

Fire was discovered at 9 o'clock this morning in the coal bunker of the freight steamer Tangle, of the Elden-Dempster Line, tied up at the pier at the foot of Amity Street, Brooklyn. The fireboats Seth Low and New York and lines of hose from shore extinguished it in half an hour.

Krumbles

The New Whole Wheat Food with the Delicious Flavor originated by the Kellogg Toasted Corn Flake Co



Children like Krumbles and it builds them up



THE dainty little miss of the household knows how good KRUMBLES is—the new all-wheat food with the delicious flavor.

Krumbles is the whole of the Wheat, cooked, "krumbled," and delicately toasted—and as everyone knows, there is nothing more nourishing and wholesome than whole wheat, especially when the Krumbles method makes it a joy to eat. In the WAXTITE package—10c. Look for this signature.

W.K. Kellogg